

# Des Moines Normandy Park Activity Center



Featuring Fun, Friendship & Feeling Fit!



**Staff**

**Patrice Thorell,**  
Parks, Recreation &  
Senior Services Director



**Sue Padden,** Senior Services Manager<sup>(L)</sup>  
**Charisse Gregory,** Office Manager <sup>(Center)</sup>  
**Abbie Nielsen,** Recreation Coordinator <sup>(R)</sup>



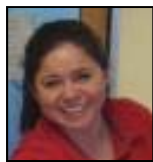
**Brady Wright,**  
Senior Shuttle Coordinator

**Elizabeth Loomis,**  
Our *new* Nutrition Coordinator



**Aida Martinez,**  
Nutrition Latino Coordinator

**Gloria Nava,**  
Sea Mar Program

**2013 Des Moines City Council**

Dave Kaplan, Mayor

Matt Pina, Mayor Pro Tem

Jeanette Burrage

Dan Caldwell

Melissa Musser

Carmen Scott

Bob Sheckler

**City Manager:** Tony Piasecki

**2013 Normandy Park City Council**

Clarke Brant

Stacia Jenkins

Shawn McEvoy

Doug Osterman

John Rankin

Susan J West

Marion Yoshino

**2013 Senior Advisory Committee**

Victor Anderson

Rita Lambert

Jill Martin

John McEvoy

Florence McMullin

Gloria Nava

Novella Perry

Call Sue Padden for information on the committee and when it meets: 206-878-1642.

**Inclement Weather:** Refer to the Highline School District Information.

**School Are Closed:** All programs are cancelled.

**School Are Open/1-hour Late Arrival:**

Senior programs prior to 10am are cancelled.

Senior programs after 10am - call for information.

**When School Are Open/2-hour Late Arrival:**

All programs held prior to 11am are cancelled.

Senior programs held after 11am - call for information.

*When inclement weather occurs during school holidays, evenings or weekends call for information.*

206-878-1642.

**Welcome**

## Des Moines Activity Center

*Featuring fun, friendship  
And feeling fit!*

**Revised Business Hours:**

Monday - Friday  
9:00am - 4:00pm



**Street:** 2045 S 216th, Des Moines

206.878.1642

**Mail Address:** PO Box 98576

Fax: 206.878.2260

Des Moines, WA 98198

[www.desmoineswa.gov/seniors](http://www.desmoineswa.gov/seniors)

**Meeting & Facility Rentals:** Events & Facilities Coordinator: 206-870-9370

**Holiday Closures** January 1 & 21, February 18, 2013

**Registration Policies:**

Pre-registration is required for all programs unless otherwise stated.

Registration is taken on a first paid basis.

Returned check fee: \$40 (plus 50% surcharge if collection action needed).

**Refund Policy:**

When DMPR/SS cancels a program a full refund or credit will be issued.

Refunds, less a \$10 administrative fee, will be granted when requested a minimum of **5 business days prior** to the program/course's start date. The administrative fee will be waived if you opt for a credit to be used for another course/program.

No refunds will be issued for the following:

- Programs costing \$10 or less, Special Events,
- Programs with admission fees purchased in advance.

Medical illness or other extenuating circumstances will be handled on a case-by-case basis. Documentation of the circumstance may be required.

**\* \* \* ALERT \* \* \***

**2013 Transportation Project on 216th Update:** Street Improvements impact South 216th Street as the City strives to transform roadways to be pedestrian/bicycle and transit friendly. Information available at 206-870-6525 & [www.desmoineswa.gov/dept/pub\\_works/projectgateway.html](http://www.desmoineswa.gov/dept/pub_works/projectgateway.html).

Des Moines Activity Center staff will meet with the Street Improvement Planners to troubleshoot ways to minimize the impact of this project on our program participants. We will keep you posted!

**DMAC Parking Lot:** The parking spaces on the west-side of DMAC are reserved for the Mobile Computer Lab on these Tuesday mornings:

January 8

February 12

March 12 & 26

**Disclaimer:**

This newsletter is for informational purposes only. The City of Des Moines does not endorse any products, programs or services that are presented. Every individual is responsible for making informed decisions regarding these services, programs or products.





Left: Meet the Wetsocks!

Broad smiles reflect enthusiasm as the team progressed to the World's in 2012! Some team-members played on a 2012 Des Moines Coed Senior Softball Team.

**Batter-up!**  
Des Moines Coed Senior Softball Teams compete in a regional league comprised of teams from senior centers throughout King County. Teams form in March, practice in April and participate in league play May–July on Tuesdays and Thursday mornings.

*Interested? Call 206-878-1642!*  
Adults 50 & better

**Keep Fit on the Courts!**  
**Normandy Park Recreation Center**  
801 SW 174th Normandy Park, WA

Senior Drop-in Open Gym	No Fee
Basketball Thursdays	12-2:30pm
Pickleball Mon/Wed/Fri	8-10am

*Thank you Normandy Park!*



### Wii Bowling 2013

**Join Our Wii Team** and compete against teams in South King County. Call 878-1642 for details.

Home games:

Tuesdays: 1/7, 1/28, 2/4, 2/18 and 3/4 @ 10am!

*Cheers fill the room for a Strike and Hole-in-One!*

*Want to get in on the action?*

Let staff know you are interested in learning **Wii** and we get you started with a Wii-mentor.

Emergency Preparedness Kits  
for low income seniors...  
see page 12!

Please Bring  
A Mat!

**Got Drugs?**

**Saturday, April 20, 2013**

**Des Moines Police Mobile Precinct @**

Bartell Drugs 9am-1pm	Bartell Drugs 2pm-6pm
21615 Pacific Hwy South	Redondo, 27055 Pac Hwy S

[Www.desmoineswa.gov/drugdisposal](http://www.desmoineswa.gov/drugdisposal)

**Ready .. Set ..  
Start ..  
Your life of better health!**



### Enhance Fitness:

Features fun, dynamic cardio vascular exercise, strength training and a focus on balance and stretching. Gym-type shoes required and water bottle suggested. Expect regular fitness checks.

January 3-31	\$39
February 1-28	\$36
March 1-29	\$39
April 2-30	\$36
May 2-31	\$42

Co-sponsored by Group Health & Senior Services

*Instructor: Mary Brown, EF certified*

*Field House Tues/Thur/Friday*

*8:00-9:00am or 9:30-10:30am*

### Functional Fitness

Inhale and be ready to take charge of your life. Proper movement is a key factor in achieving balance in the body. This class focuses on improving joint range of motion and implementing gravity-driven exercises to improve quality of life and activities of daily living—keeping you doing activities you enjoy! Students describe Allison's instructional style as stimulating, informative and seasoned with pizzazz!

*Instructor: Dr. Allison, Chiropractor*

**DMAC**

*Age 50 & better*

*\$1 drop-in*

*Mon/Wed, January 7–May 22*

*8:30-9:15am*

### Kigong

A Korean energy practice incorporating gentle stretches with choreographed movements to teach inner strength and increase flexibility, while boosting the immune system. Mind-body exercises are kinder to the joints and muscles in addition to increasing overall balance. *Instructor: Rhonda Allison.*

*Adults*

**DMAC\***

Thursday, January 3-February 21	5-6pm	\$48
Thursday, March 7-April 25	5-6pm	\$48
Thursday, May 9-June 27	5-6pm	\$48

**Energy Yoga** helps to release stress and re-direct energy to gain better health and sense of well being. With a series of sustained poses and gentle stretches, students will improve muscle and bone strength, range of motion, balance and coordination, and stability, especially the deep core muscles that stabilize the spine and increase flexibility.

*Instructor: Rhonda Allison*

**DMAC\***

Thursday, January 3-February 21	6:30-7:30pm	\$48
Thursday, March 7-April 25	6:30-7:30pm	\$48
Thursday, May 9-June 27	6:30-7:30pm	\$48

*\*8 drop-in fee*

**Normandy Park Cove**

Monday, January 14-March 4	1:00-2:00pm	\$36
Monday, March 18-April 22	1:00-2:00pm	\$36
Monday, May 6-June 17	1:00-2:00pm	\$36

### Explorations in Glass

Join us when Des Moines' nationally renowned glass artist, George C. Scott, opens his studio doors for workshop this winter!

#### Glass Light Catchers

Students receive an "inspiration for ideas" sheet prior to the class so they come to class knowing what kind of light catcher they wish to create. All supplies are provided.

Wednesday, January 23	6-9pm	\$50
Saturday, January 26	1-4pm	\$50

#### Cement & Glass Stepping Stone

Create your own personal 16-18 inch concrete and glass garden stepping stone. Students will receive an "inspiration for ideas" sheet prior to the class so they come to class with a plan for their stepping stone.

Wednesday, June 19	6-9pm	\$75
Saturday, June 22	1-4pm	\$75

### Creative Writing—beginners and beyond

*What's your story?*

*Interested in capturing your family's history?* Take advantage of Pat's writing experience and get started and enjoy the journey!

<i>Instructor: Pat Doheny</i>	<i>Wesley Gardens</i>
Thursday, January 17-March 21	10am-12pm \$54
Thursday, April 4-June 6	10am-12pm \$54

#### Memoir Writing

Learn to write the story of your life—join others as you share your life experiences in a supportive environment. And share the story of how you came to be who you are and where you are today!

<i>Instructor: Pat Doheny</i>	<i>Wesley Gardens</i>
Thursday, January 17-March 21	2am-4pm \$54
Thursday, April 4-June 6	2am-4pm \$54



#### Dance for Parkinson's

Stretch and strengthen your muscles, focus on balance and rhythm and discover how to use your thought, imagination, eyes, ears and touch to control movement.

Presented by Seattle Theatre Group (STG) and offered with funding support from Des Moines Legacy Foundation.

*Adults—including caregivers & family*

FREE—Donations Welcome

Monday, February 25-April 15	2-3:30pm	DMAC
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Register at [www.nwpf.org/Events.aspx](http://www.nwpf.org/Events.aspx) or call 877-980-7500

RETIREMENT COMMUNITIES | HEALTH SERVICES | FOUNDATION



**Wesley Homes is your resource for services and information on aging**



**206-824-5000 ♦ 866-937-5390 toll free**

Cottages & Apartments ♦ Home Health Care  
Adult Day Care ♦ Assisted Living ♦ Skilled Nursing

816 S. 216th St. ♦ Des Moines, WA 98198

Visit [www.wesleyhomes.org](http://www.wesleyhomes.org).



### Happy Feet Scholarships

**Don't let finances trip you up!**

Scholarships for Footcare are available for Seniors age 50 and better. Contact us regarding eligibility 206-878-1642 .

**Sponsored by  
Des Moines Legacy Foundation**

**See Page 12 for more scholarship opportunities!**

**SPECIAL SERVICES**

**Help Available for Electric & Gas Expenses!**

The Multi-Service Center Energy Assistance Program is scheduling appointments for:

Puget Sound Energy HELP Program - assisting qualified households with PSE residential electric and gas costs.

Low Income Home Energy Assistance Program (LIHEAP) a federal program assisting low income households with residential heat costs. 1-800-348-7144

Direct questions or concerns to Tatyana Sirotin, Energy Supervisor: 253-854-4406 or Oksana Savolyuk at 253-838-6810.

**Minor Home Repair**

City of Des Moines provides grant funds to subsidize repairs and maintenance for qualified home owners. The focus is on maintaining health and safety, home preservation and increased energy efficiency. 206-870-6558

**Senior Information and Assistance** [info@seniorservices.org](mailto:info@seniorservices.org)

A gateway to resources that will help you maintain independence, security and quality of life. Advocates will help find the best solution for your situation. 206-448-3110

**Senior Health Insurance Benefits Assistance Program**

Simplify life and prepare for the future! Bring your questions about Medicare billings, Medicare part-D, health insurance and long term care insurance to discuss with a trained volunteer. Afternoon appointments only.

*Tuesday, 2nd monthly      DMAC      Call 206-878-1642*

**Senior Rights Assistance** [sra@seniorservices.org](mailto:sra@seniorservices.org)

Trained volunteers address your concerns about wills and trusts, powers of attorney, consumer issues, credit and debit management, landlord-tenant rights and Social Security appeals. Free-just a phone call away: 206-448-5720

**Resources for Eye Care Financial Assistance**

[www.nei.nih.gov/health/financialaid.asp](http://www.nei.nih.gov/health/financialaid.asp)

**Dental Van**

Grace Lutheran Church offers free basic dental care to low-income patients without dental insurance in partnership with Medical Teams International and Des Moines Legacy Foundation. Proof of income is required.

*Call 206-878-1642 for 2013 dates,  
information and applications.*

**Des Moines-Redondo-Normandy Park  
HYDE Shuttle 206-727-6262**

*Operates Monday—Friday 9am—4pm*

*Wheelchair equipped*

*No Charge, donations are appreciated*

Rides are booked on a first come basis. No application to fill out - just sign-up by phone!

Senior Services' Hyde Shuttle provides rides to *medical appointments, grocery shopping, banking, the Activity Center and other local errands*—any where you need to go within the service area:

Des Moines and Normandy Park city limits.

North to 140<sup>th</sup> in Burien.      East to SR509.

Fridays to Federal Way (South to 356<sup>th</sup> & West to 1<sup>st</sup> Avenue)

**Alzheimer's Support Group**

*2nd Monday, monthly      1:00pm      206-824-1770*

Normandy Park Congregational, United Church of Christ.

**Caregivers of Younger-onset Memory Loss Telephone Support**

*3rd Wednesday, monthly      7-8:30pm      Info @ 800-848-7097*

**Memory Loss Support Group for Caregivers**

*2nd Tuesday, monthly      1:00pm      206-861-0176*

Highline Medical Center Specialty Center Campus

**Senior Pet Food Program**

In partnership with the Humane Society's Senior Pet Food program, free pet food will be delivered monthly to Des Moines Activity Center for qualified senior adults. *For more information call 206-878-1642.*

**Hearing Aid Checks**

**FREE**

Get your ear molds adjusted, the behind the ear hearing aid tubes checked, hearing aids cleaned and checked, battery contacts adjusted *and/or* a 2 minute hearing screenings. Facilitated by Costco Wholesale. Starts February 2013.

*1st Tuesday, monthly      11am-12pm      DMAC*

**Fall Prevention, South King Fire & Rescue**

Call to schedule a home safety survey. 253-946-7337

**Dial 2-1-1**

Information & Referral for Human Services in King County.

*Monday—Friday      8am-6pm*

Deaf/hearing-impaired? Call: 1-800-833-6384 or 711

**MORE HEALTH AND WELLNESS CONNECTIONS**

*Location: Des Moines Activity Center*

*Call 206-878-1642 to schedule appointments*

Blood Pressure Checks—Drop in <i>Normandy Park Senior Living Wesley Homes</i>	Monthly, 2 <sup>nd</sup> Tuesday 4 <sup>th</sup> Tuesday	11am-12pm
Foot Care Appointments by Karen	Wednesdays	8:30am-3pm
<b>Senior Services</b>		
• Meals on Wheels	Orders taken Monday mornings	Delivered Thursday mornings
• Volunteer Transportation	206-448-5740	Monday-Friday
Metro's ACCESS Transportation	206-263-3113 <a href="http://www.metro.kingcounty.gov/tops/accessible/accessvan.html">www.metro.kingcounty.gov/tops/accessible/accessvan.html</a>	



**Aviation History—facilitated by John McEvoy \$2****Tales from a Current Boeing Production Test Pilot**

Boeing test pilot, Captain, Emily Bliss shares her experiences in North Dakota with Lockheed Martin, as a flight instructor, maintenance test pilot and her current position as a Boeing production test pilot. Captain Bliss has over 5,000 hours in 57 types of aircraft.

Tuesday, February 5 7-9pm DMAC

**The Flight Attendant Who Changed It All!**

Her name may or may not be familiar, but she changed *everything* in regards to the Civil Rights Act of 1964 and the Equal Pay Act of 1966 for the airline industry. Meet retired Northwest flight attendant Mary Patricia Laffey Inman, who fought and paved the way for American women to

enjoy equality with men in the American workplace.

Tuesday, April 16 7-9pm DMAC

**Meet Joy Kamstra - 25-years a volunteer for Senior Services!**

It's always a pleasure to know someone who literally lives to help others. In our community, Joy really stands for that ideal. She was recently honored by Senior Services for her 25-years

as a driver for the Volunteer Transportation Service! *You read that right!* 25 years helping folks in our community get where they need to go, and all of that at no charge!

At the Annual Senior Services Volunteer Appreciation Luncheon, Joy was presented the *Shining Star* award by Transportation Department Director Cindy Zwart and Senior Services Chief Operating Officer Kate Turpin while a crowd of over 200 volunteers and staff showed their appreciation.

**Volunteer Transportation** was formed in 1975 to meet the needs of King County seniors and their families. A team of over 600 volunteers use their own vehicles to drive seniors to medical, dental, eye and foot care and other essential care appointments providing a personalized, one-on-one transportation service. There is no charge for the service and it is much appreciated by all of the clients.

You can become a volunteer driver by calling 206-748-7588 to apply.

**It's Here!**

King County Library System's mobile computer classroom brings workshops to Des Moines Activity Center! Space is limited!

Adults 50+

Tuesdays

10-11:15am

FREE

DMAC

**Facebook Basics—Tuesday, January 8**

Learn about the social networking website, Facebook, and set-up an account. Pre-requisite: Basic understanding of the Internet and an email account.

**Blog Basics—Tuesday, February 12**

Learn the basic concept of blogs and starting a blog using Google's Blogger service. Pre-requisite: An email address.

**Email Basics—Tuesday, March 12 & 26**

Get with it! Create an account and learn basic vocabulary, how to compose and send messages, and the basics for sending and opening attachments!

**It's All About Stuff**

*Accumulating too much?* Get back on the path of removing items; keeping what's important and discover "new" homes for the stuff your family doesn't want.

Facilitated by Carol Mohler

Monday, February 25 1-2pm FREE DMAC

**Hot Beverage Bar Steams Into Des Moines Activity Center**

Hopefully, your New Year Resolution doesn't involve limiting your coffee intake because in January 2013

Des Moines Activity Center expects a new Hot Beverage Bar!

The Beverage bar will be located in the corner of the main room—where the coffee pots warmers are currently found.

The new Beverage Bar features:

On-demand Coffee (both regular and decaf)

Hot water tap for cocoa or tea

*Funding for the new Beverage Bar was provided by Des Moines Legacy Foundation!*

**Thank You!**

**REGEIMBAL, McDONALD**

P.L.L.C.

Attorneys-At-Law

P.O. Box 98702

612 S 227th St

(206) 824-5630

DES MOINES, WA 9819 FAX (206) 824-9096

## Drop-in & Enjoy

### Fun & Games \$1 Suggested Donation

#### *Mondays*

Ham Radio	9:00am-10:00 am
Wii Games	10:00am-1:30 pm
Hand & Foot Cards	1:00-4:00 pm

#### *Tuesdays*

Wii Games	10:00am-1:30 pm
Mexican Train Dominos	1:00-4:00 pm

#### *Wednesdays*

Artists "R" Us	9:00-11:30 am
American Mah Jongg	12:30-3:00 pm
Wii Games	10:00am-1:30 pm
Bridge	1:00-4:00 pm

#### *Thursdays*

SeaMar Latino Activity	11:00am -2:00 pm
Movies & Popcorn -1 <sup>st</sup> & 3 <sup>rd</sup>	1:00-3:00 pm

#### *Fridays*

Pinochle	1:00-4:00 pm
Duplicate Bridge**	10:00am-2:30 pm
Hand & Foot Cards	1:00-4:00 pm

*\*\*Pre-registration Required, call 206.878-1642*

### Movies Suggested Donation \$1



January 3	The Prize Winner of Defiance Ohio Julianne Moore
January 17	The Best Exotic Marigold Hotel-Comedy Drama Judi Dench, Bill Nighy & Maggie Smith
February 7	Australia- Romance/Action/Adventure Nicole Kidman & Hugh Jackman
February 21	Hope Springs- Comedy Meryl Streep & Tommy Lee Jones
March 7	The Vow-True Story-Romance Rachel McAdams & Channing Tatum
March 21	Over Her Dead Body- Romance /Comedy Eva Longoria. Paul Rudd & Lake Bell
April 4	Bounty Hunter-Comedy/Romance Jennifer Aniston & Gerard Butler

## Des Moines SUNDAY DANCE

*Dancing Stimulates Your Mind & Soul!*



Live dance music with Randy Litch!

**Des Moines Activity Center**

2045 S 216th  
Des Moines WA 98198

**1:00-3:30pm**

**\$5 admission**



**2013 Dates**

**February 24**

**March 24**

**April 28**

**May 26**

**June 23**

**July 28**

**August 25**

**September 22**

**October 27**

*Adults of all ages welcome!*

**We provide beverages.....**

**You provide finger-food refreshments!**

### Recycle Your Cell Phone with Us!



*It's a Win-Win Opportunity.*

- Donors gain drawer space by discarding an old cell phone!
- The environment benefits.
- DMAC generates revenue for programs and services!
- Participants enjoy programs!

***Cell Phones Only Please!***

**Are You Receiving REC 'n ROLL** an online publication—sent to your email?

Email [recreation@desmoineswa.gov](mailto:recreation@desmoineswa.gov) to subscribe.

## Fireside Chats 2013

Join in the conversation when local community leaders sit and chat by the fireplace with us; answering your questions; sharing information about their field of expertise and talking about the services they coordinate.

### City of Normandy Park Police Chief



Welcome Normandy Park's new police chief, Chris Gaddis! Chief Gaddis will answer any questions you have about policing in Normandy Park as well as provide information on fraud prevention.

Tuesday, January 22

11:30am

DMAC



### City of Des Moines Police Chief

Des Moines Police Chief, George Delgado, a Spaghetti Dinner diner, returns to answer your questions and share his thoughts on our community.

Wednesday, January 30

11:30am

DMAC

Thursday, January 31

11:30am

DMAC



### City of Des Moines Mayor

Mayor Dave Kaplan will share information on current and upcoming city projects and answer any questions you may have about our city government.

Wednesday, April 24

11:30am

MAC

*Who would you be interested in chatting with? Please let staff know!*

## Our Donors

Thank You!

- 909 Coffee and Wine
- A Place For Pets
- All Points Yarn
- All Star Sports Bar
- Cheryl Appel
- Applebee's
- Arturo's Mexican Restaurant
- Athens Pizza and Pasta
- Auntie Irene's
- Azteca Restaurant
- B & E Meats
- BJ's Restaurants Inc.
- BJ & Anna Bjorneby
- Benefit Auction Services
- Dick Body
- Nancy Bogni
- Breeders Theatre
- Burien Trophy
- Carriage Country Quilts
- Comfort Keepers
- Corky Cellars
- George Delgado
- Des Moines Creek Restaurant
- Des Moines Dog House
- Des Moines Drug
- Des Moines Farmers Market
- Des Moines Florist
- Des Moines Legacy Foundation
- Mandarin Kitchen
- Hallie Marks
- Susan Martinez
- John McEvoy
- Jan Nielsen
- Keith Noess
- Marvin Osterhout
- PAC Stainless, Ltd.
- Sue Padden
- Panera Bread
- Papa John's
- Pauline's Nail Spa
- Dr. Donald Peyton
- Pier View Chiropractic & Massage
- QFC, Des Moines
- Racha Thai and Asian Kitchen
- Red Robin Of Des Moines
- Rose Pho
- Royal Fabric Care Center
- Mary Jo & Don Rulffes
- Safeway, Des Moines
- Salty's at Redondo
- Dorothy Schepke
- Charleen Schulz
- Camen Scott
- George C. Scott
- Sharps Roaster & Ale House
- Des Moines Vision
- Pam Ryan Diamond
- Dimitriou's Jazz Alley
- Eddy Duggar
- Edward Jones
- El Dorado West
- Elliott Bay Brewhouse & Pub
- Fernwood at the Park
- Fieldhouse Gym Rat
- G. O. Fisher
- Gail Fleming
- Furney's Nursery
- Cherie Gough
- Grazie Caffè Italiano
- Phyllis Henrickson
- Joey Jewell
- Kahler Glen Golf & Ski Resort
- Kayak Bar & Grill
- Sally Kearney
- Joan Killingbeck
- Kimberley's Exquisite Jewelry
- Christine Korzeniezki
- Lago Azul
- Landmark Outreach Services
- LeMay America's Car Museum
- Dick & Betty Lyons
- Mama Stortini's Restaurant & Bar
- Simply the Best Care AFH & In home Health Care
- Tom Sirgedas
- Snure Law Office, P.S.C.
- Clark B. Snure
- South King County Firefighters Foundation
- Stafford Healthcare
- Stanford's Restaurant & Bar
- Starbuck's Normandy Park
- Statements Home Decor
- Jill Stephenson
- Neal Stoddard
- Peter Szarkowicz
- Taco Time
- Teatro Zinzani
- The Cleaners Des Moines
- Patrice Thorell
- Tin Room Restaurant
- Trader Joe's
- Adrian VandesHoeven
- Vintage Park Boutique Hotel
- Wally's Chowder House
- Nancy Warren
- Waterland Crossfit
- Wesley Homes Des Moines
- Winspire
- World Cavalcade
- Brady Wright

Please support the generous donors  
of the 2012  
Des Moines Legacy Foundation's  
Bayside Brunch!



- Skilled nursing care
- Medication management
- Physical and speech therapy
- Diabetic and hygienic foot care
- Grocery shopping and errands
- Meal planning and preparation
- Live-in care and companionship
- Light housekeeping and laundry
- Available 24 hours a day

Licensed In-Home Care

Free phone consultation!

Call toll free

**866-850-5774**

[www.wesleyhomes.org](http://www.wesleyhomes.org)

Affiliated with Wesley Homes Retirement Communities and the Pacific Northwest Conference of the United Methodist Church.



**Blueprint for Living 2012 and Beyond**

Presentations to help you design and live your life well your way! Facilitated by Valley Cities Counseling & Consultation unless otherwise noted.

Tuesdays 10am\* unless otherwise noted DMAC

**January 8 & 22—Medication Review 11am** Meet with Jill Martin, RN to review how your current medications are working for you.

**January 8—Lighten Up Your Environment** Explore simple ways to chase away the winter blues.

**January 15—How to Avoid Hidden Health Hazards** The cruise, restaurant and healthcare industries share tips to avoid personal health hazards.

**February 5—Keep Your Heart Healthy** Information on avoiding heart disease and untangling the LDL, HDL, lipid and cholesterol confusion.

**February 12—When You Shake the Family Tree, What Comes Tumbling Out?** Bev Magel introduces you to how to trace your family tree and shares how her life changed when she shook her own family tree.

**February 19—You Gotta Have Heart** Guidelines for taking care of your emotional and spiritual heart.

**March 5—Muscles are Necessary at Every Age**

Information, demonstrations and techniques for toning muscles to help your balance and posture and prevent falls and unnecessary aches and pains.

**March 19—Hand Care is Essential to Good Health**

Our hands get used and abused every day. Learn essential hand care tips that add to your health.

**March 26—Recycling: What's the Mystery?**

What can be recycled and where does it go after collected by CleanScapes? Discover creative ways to reuse or repurpose commonly tossed items and keep materials that still have value out of the landfill.

**April 2—Create a Healthy Living Space** Ants, spiders and dust mites - oh my! Many household cleaning products and pesticides contain harsh and even dangerous chemicals. Helpful hints for cleaning and eliminating common indoor pests while protecting your health and the environment.

**April 16—Learn Proper Care of Medicines and Chemicals**

Information to help you meet the challenge of storing and disposing of all the chemicals used in your daily life.

**May 7—Appreciating the Gift of Self**

Explore the importance of valuing yourself and the connection to your health and wellbeing.

**May 21—The "Safety Net" Protecting Your Health**

Learn about community resources that protect your health and how to show appreciation for their service.

**The After Lunch Bunch—Valley Cities counselors**

Whether you are with our daily lunch program or not, join us for this fun, interactive group! We'll sit and chat, socialize, tell jokes, reminisce, get to know each other and have fun!

*Tuesdays, 1<sup>st</sup> & 3<sup>rd</sup> monthly 12:30-2pm DMAC*

**Just Ask**

A Valley Cities counselor joins us during lunch and is available throughout lunchtime to answer questions, provide information, resources and referrals!

*Tuesdays, 1<sup>st</sup> & 3<sup>rd</sup> monthly 11:30-12:30pm DMAC*

Thanks to Des Moines Legacy Foundation for providing funding for Valley Cities Counseling & Consultation presentations.

**Legally Speaking**

FREE

Mike Regeimbal, local attorney, is available for individual consultation sessions providing basic information on legal issues such as: Living Trusts, Health Care Directives, Guardianships, Will Guidance-not preparation, Financial/Medical Durable Power of Attorney. Consultations limited to 3-per/person a year.

*Thursdays, 4<sup>th</sup> monthly 12:30-2pm DMAC*

**AARP Safe Drivers Course—classroom only**

Completing the course qualifies seniors for the state mandated insurance premium reduction. Bring a sack lunch. Call 206-878-1642 to register *Instructor: Leonard Bisconner.*

*Saturday, February 16, May 18, August 17 or October 19 9:00am—5:00pm DMAC*

\$2 suggested donation + plus \$12 w/AARP card or \$14 w/o

**AARP Tax Assistance**

AARP only provides tax assistance at sites that provide Electronic filing. Des Moines Activity Center does not have Wi-Fi capability for users and **will not** be a site in 2013!

AARP Tax Assistance is provided at King County Libraries—contact a library near you to schedule an appointment.

Burien	206-988-3700
Des Moines	206-824-6066
Federal Way	253-838-3668 @ 1st Ave
Federal Way	253-839-0257 @ 320th or
Kent	253-859-3330
Woodmont	253-839-0121

**DO YOU SUSPECT ELDER ABUSE?**  
Community Resources for Information & Help

Adult Protective Services:	206-341-7660
Des Moines Police:	206-878-3301
Normandy Park Police:	206-248-7600
Washington State 24 Hr Hotline:	1-866-363-4276
ElderWatch: <a href="http://www.publicsafe.org/elderwatch">www.publicsafe.org/elderwatch</a>	253-946-7338

**Washington Banana Museum, Auburn**

Be delighted with a collection of photographs, sculptures, paintings, cultural relics and more - all honoring the banana. Time for shopping and a no-host lunch.

*Wednesday, January 9 9:30am-4pm \$8*

**Enumclaw Shopping & Lunch at Krain's Korner**

Shop in Enumclaw and enjoy no-host lunch at Krain's Korner

*Wednesday, January 16 10am-4pm \$8*

**Historic Flight Museum, Mukilteo**

Take in this collection of combat aircraft from World War II including US, British, German, Russian and Japanese aircraft. No-host lunch in Mukilteo.

*Thursday, January 24 9:30am-3pm \$18*

**Vintage Antique Motorcycle Museum, Chehalis**

Featuring two stories of original and fully restored pre-1916 bikes including Indians, Harley-Davidsons, Excelsior, Pierces, Emblem, Thor, Henderson and even bikes from the 1800's. Enjoy a no-host lunch at the Outlet Mall.

*Wednesday, January 30 9:30am-4pm \$17*

**Washington State History Museum, Tacoma**

Click: Classic Photographs from Washington tour. No-host lunch before the 1pm museum tour!

*Wednesday, February 6 10:30am-3pm \$15*

**Red Wind Casino, Olympia**

*Wednesday, February 13 9:30m-4pm \$12*

**Cheese Factory @ Pike Place Market, Seattle**

Take in kitchens that are living museums - featuring the art of making cheese. Lots of time for shopping and eating in the famous Pike Place Market

*Wednesday, February 20 9:15am-3pm \$10*

**Thorniley Print Collection-Kent**

View this private collection of old fonts on type from all over the world followed by no-host lunch at the Wild Wheat Bakery Café.

*Wednesday, March 6 10am-2pm \$8*

**Brightwater Treatment Plant, Woodinville**

See wastewater treatment first hand and grasp the cycle of water use. A no-host lunch in Woodinville.

*Wednesday, March 13 8:30-4pm \$12*

**Seattle Times Printing Plant Tour**

Enjoy a no-host lunch in Woodinville followed by 2:30pm tour of the printing plant.

*Thursday, March 21 11am-4:30pm \$18*

**Wood Sculpture Demonstration, Gig Harbor**

See chainsaw artist Jeff Samudosky's wood carvings which often features horses. No-host lunch in Gig Harbor.

*Wednesday, March 27 9:30am-3pm \$10*

**Ride the Ducks, Seattle**

Enjoy a FUN way to tour Seattle, by amphibian, by land and water, with plenty of laughs. No-host lunch in Seattle.

*Wednesday, April 10 9:30am-3pm \$40*

**Orca Beverage Plant Tour, Mukilteo**

See how over 80 flavors and brand name soda's are produced and bottled in crafted glass bottles.

*Friday, April 19 9:30am-4pm \$12*

**Seattle Great Wheel**

Seattle's NEWEST waterfront attraction, we'll ride the 175' diameter wheel that is 200' above the pier over Elliott Bay. No-host lunch and shopping on the waterfront.

*Wednesday, April 24 10am-4pm \$25*

**Carriage Museum, Raymond**

Capture the romance and beauty of the time when horse drawn vehicles ruled the road. Twenty-four restored vehicles are on display. No-host lunch stop on the road home.

*Wednesday, May 8 9am-4pm \$17*

**Fort Lewis Museum Tour, Tacoma**

Go back in time to the earliest days of the military's presence in Washington and check out the 1850's uniforms. Washington State ID required. No-host lunch in Tacoma.

*Wednesday, May 16 10am-5pm \$15*

**Chicago, Village Theatre-Issaquah**

*Saturday, May 18 1-6pm \$60*

**Whale Watching, Seattle**

Check out the abundant sea-life in Seattle-Friday Harbor waters with the Whale and Sea Life Search cruise. No-host lunch in Friday Harbor. Refreshments are available aboard the vessel.

*Wednesday, May 22 6:30am-7:45pm \$82*

**TRIP REGISTRATION INFORMATION:**

**Trip Fee:** Includes event admission, transportation and escort expenses unless otherwise noted. *No-Host - lunch on your own.*

**Trip Registration:** Registration is taken on a first paid basis.

**Trip Cancelations, Refunds and Credits:**

- A full credit/refund will be issued if DMAC cancels a trip.
- Requests for refunds or credit must be received **5 business days prior to the trip date.**
- Refunds are subject to a \$10 processing fee.
- No refunds will be issued for trips costing \$10 or less, or for trips where the admission fee was purchased in advanced.

**Wait List:** Put your name on the waiting list, cancelations are filled *only* from the waiting list!

**Special Requirements:** Participants needing special assistance must have a companion, willing and able to provide the required help, also sign up for the trip. Wheelchairs are available to take on trips. Hosts and drivers are *not* available to push wheelchairs.

**Parking:** DMAC is not responsible for cars left in our parking lot.



**Get Out and About!****Southern Charm.****May 26-June 1, 2013**

Treat yourself to a leisurely journey through Historic Charleston, Boone Hall Plantation, Beaufort Savannah, Factors Walk, Jekyll Island, St Simons Island and St Augustine. Fee includes round-trip airfare from Seattle, air taxes & fees, hotels & transfers, 9-meals, escort and transportation Coordinated by Washington State Association of Senior Centers

*\$2,364ppd / \$2,914ppd-single / \$2,334ppd-triple*

**Cascade Locks & Hood River****May 29-May 30, 2013**

A quick get-away to the Air and Auto Museum in Hood River with shopping, an overnight stay and breakfast at the Best Western Columbia River Inn next to the Bridge of the Gods and a paddlewheel cruise through the Columbia Gorge. *\$175ppdo, \$50 deposit at time of registration.*

**Heritage of America****October 4-13, 2013**

Immerse yourself in history and fall foliage while journeying through New York City, Philadelphia, Gettysburg, Shenandoah Valley, Virginia, Charlottesville, colonial Williamsburg and Washington DC. Fee includes 14-meals, roundtrip airfare from Seattle, air taxes and fees/surcharges and hotel transfers. Coordinated by Washington State Association of Senior Centers

*\$2,899ppdo / \$3,799ppso / \$2,869ppso*

Not included in fee: mandatory travel insurance

**Detailed brochures for these excursions are available at Des Moines Activity Center!**

**A Slight & Yet Significant Request!**

Please refrain from using fragrant personal-care products when participating in DMAC activities. Those with sensitivities appreciate your consideration.

**Horticulture Outings**

Explore glorious northwest gardens and nurseries! Enjoy no-host meals and plan to cover fees for admissions, tours and meals. *Advanced registration required.*

**Fridays** Trips depart at 10am unless otherwise noted  
**\$8** *Bus Trips unless \*carpool or ~lightrail*

January 11	Orchids as House Plants, Lyons' slide show
January 25*	Empty Bowls lunch, Burien Comm. Ctr. \$15
February 8	Repurposed Glass Crafts Workshop
February 22~	Northwest Flower & Garden Show, Seattle
March 8	Cedar Grove Composting Video
March 22	Easter Basket Craft Workshop
April 12	Windmill Gardens & Watson's Nursery, Sumner
April 26	Plant Sale, Lake Washington Technical College
May 10*	Des Moines Garden Club Sale
May 24	Julius Rosso Nursery, Georgetown

**Out To Lunch**

Transportation Fee: \$8

Enjoy no-host dining at northwest restaurants.

*Departures: 10:30-11:00am*

*Return: 2:00pm*

January 4	Harmon Brewery-Tacoma
February 1	Lola Restaurant-Andra Hotel, Seattle
March 1	Cliff House-Tacoma
April 5	Salty's on Alki Beach-Seattle
May 3	Hilton Hotel-Bellevue

**Meet to Eat**

Transportation Fee: \$8

Jump start spring with no-host dinners at northwest eateries, served with great conversations garnished with laughter! Now ask yourself, why eat alone!

March 12	Kayak Bar and Grill, Normandy Park
April 9	Arturo's Mexican Restaurant, Des Moines
May 14	BJ's Restaurant & Brew House-Southcenter

**Meet a few of our dedicated Volunteer Trip Drivers**  
**Committed to making your day special - rain, sleet or sunshine!**



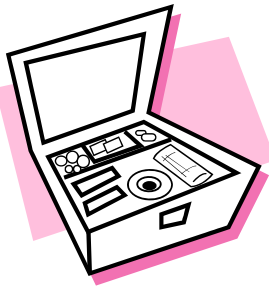
Dick Body delivers Meals on Wheels, is a Volunteer Transportation Driver and enjoys woodworking and Geocaching.



John McEvoy drives the Hyde Shuttle, delivers Meals on Wheels and facilitates the Aviation History series.



Tom Melchior is busy driving the Hyde Shuttle and keeping all the vans spotless!



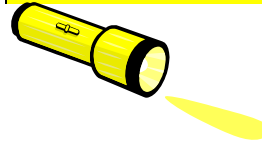
### Emergency Preparedness Kits for Low Income Seniors

*Are you ready for  
severe weather?*

Small Emergency Preparedness  
Kits are available!

For more information or to fill out an application  
Contact us at 206.878.1642 or [seniors@desmoineswa.gov](mailto:seniors@desmoineswa.gov).

### Emergency Hand-Crank Flashlights For Sale



Perfect For Your Car & Home  
\$15  
Available at the front desk!

### Senior Shuttle's Muckleshoot/Bingo Hall

2<sup>nd</sup> Monday, Monthly

January 14, February 11, March 11 & April 8

Pick-up: 9am-*ish*

Return: 3pm-*ish*

Call 206-727-6262 to sign-up!

*No Fee, Donations Appreciated!*

### Our Wish List!

Tea  
Pretzels  
Kleenex  
Legal Envelopes  
Coffee—Reg & Decaf/Drip-grind

Thank you so much!

### Seattle Aquarium Tickets Available!

Free admission for seniors only. 2-tickets per person.  
Pick-up at Des Moines Activity Center's front office.  
Call 206.878-1642 for details.

*Note: Tickets must be used in the month you take them.*

### MEDICAL LENDING CLOSET!



Featuring assorted equip-  
ment available for short-term use—  
bath benches, bedside commodes,  
wheelchairs, walkers & more!

*Suggested donation for 3-month usage:  
\$5 - \$25 per item.*

*Thank you!*

### Oops!

*Sometimes courses are  
cancelled because people wait too long to register.  
Register early to avoid disappointment!*



computers, TV,  
monitors & e-readers.

Hosted by Washington State  
Department of Ecology.

[www.ecyclewashington.org](http://www.ecyclewashington.org)

### Scholarships Brings Joy!



Need funding assistance to attend Des  
Moines Activity Center programs?

Des Moines and Normandy Park  
senior adult residents are eligible for  
funding support.

Call 206-878-1642 for information.

Funding support is provided by  
Des Moines Legacy Foundation.



**LUNCH AT DES MOINES ACTIVITY CENTER****Sponsored by Catholic Community Services****Lunch is served:** Monday—Thursday\* 12:00pm

- Latino Menu on Thursdays
- No lunch served on holidays.

**Suggested donation**—\$3 if you are

- Age 60+, *or* Dining with a 60+, spouse *or*
- Under age 60 and disabled, *or* handicapped.

**Pay:** \$6 if you are under age 60.**First time to Lunch?** A Participation Information Form, which includes your birth date, is required!

Menus available at Des Moines Activity Center.

*Dine with us often?* A frequent Diner punch card is available at the Lunch Hostess Desk.

20-meal card \$60/suggested donation

**Volunteer Dishwasher Needed:**

Monday-Thursday from 11am-1:30pm at DMAC

Includes Free meal. Contact Elizabeth Loomis for details.



*Join the Birthday Club!*  
Celebrate your birthday with us on the third Wednesday of every month.

**Let us know you are coming and you'll be seated at our VIBP Table and be served a yummy birthday dessert!**

**Thank you to our Birthday Club Sponsors!**

**Des Moines Legacy Foundation**  
**Auntie Irene's**  
**Betty Lyons & Rosie Miller**

**Thank you, your contributions make a difference!****Medical Lending:** David Braddford, Mary Jo Marshall, John & Cindy, Mr & Mrs Short and Ramona Wood.**Generous Monetary Contributions:** John McEvoy, Gwen Patton & Burt Tuttle & Julie Ann Traub.**Snack Table Treats:** Madge Hanson, Southwest Grill, Adolf, Bonnie Bake, Jean Fitchett, Bonney-Watson & Tom Smith.**Pet food:** Lisa Lincoln.**Cards:** Dottie Ianmicullo.**Supplies:** Sally Kearney, Gwen Patton & Seattle Art Museum Guild.**Lunch-time Celebrations!**

Ring in 2013 twelve hours early with fun and festivities! PJ's are a MUST!

Monday, December 31 12:00pm DMAC

**Valentine's Day**

Enjoy a special meal and fun entertainment for Valentine's Day. Happy Valentine's Day to all of you, from each of us!

Thursday, February 14 12:00pm DMAC

**Luck of the Irish**

You don't have to be from Ireland to enjoy the traditional meal of corn-beef and cabbage with all the trimmings!

Monday, March 18 12:00pm DMAC



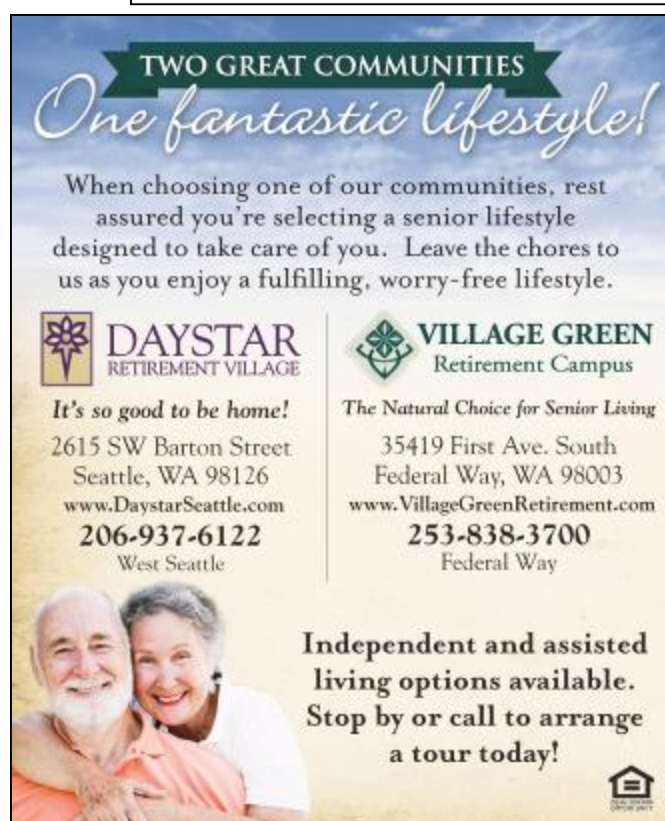
Welcome Elizabeth Loomis!

Elizabeth is our new Nutrition Site Coordinator! Elizabeth relocated here last summer from North Carolina where she worked in the restaurant business. In her spare time she and her dog, Harley are walking about




Des Moines Activity Center is an official Puget Sound Energy CFL Bulb Collection Station.

Note: Linear fluorescent tube bulbs not accepted.




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DES MOINES  
ACTIVITY CENTER  
2045 S. 216th  
P.O. BOX 98576  
DES MOINES, WA 98198

# We Remember.. Project



The late Alma Cormer (far left) enjoyed Mexican Train, Hand and Foot, Pinochle and Spaghetti Dinners at Des Moines Activity Center. Her fellow participants contributed to the *We Remember Wish Project* in memory of Alma. Des Moines Activity Center's new atomic clocks were purchased with Wish List funds.



Gloria and Debbie don aprons and wash dishes every Tuesday at Des Moines Activity Center in memory of their sister who recently passed away, blending good memories and shared time together while giving to others!



Ted Verwer and Tom Warp's love of dancing prompted wishes to host a Free Sunday Dance!



Tom and Kathy remembered how much her mother enjoyed her hometown senior center and chose to honor that memory by providing holiday gift packages for Des Moines area Meals on Wheels clients!



If you are interested in partnering with Des Moines Activity Center to keep your special memories vibrant, contact staff and together we will create the right match for you!